



**HEY!!  
Juniors, Seniors AND  
Cloverbuds...  
DON'T MISS  
FLATHEAD COUNTY'S  
4-H CONGRESS**

4-H Congress provides youth from across the county an opportunity to come together and participate in an event like no other.

At Congress, 4-H members will learn, compete, be challenged and most of all have a great time with their peers. Congress is an important educational opportunity for our county's 4-Hers and is the signature event for the Montana 4-H Program.

The purpose of Congress is to provide a safe and fun environment for youth to experience public speaking opportunities that will help them throughout their lifetime.

### **WHEN & WHERE??**

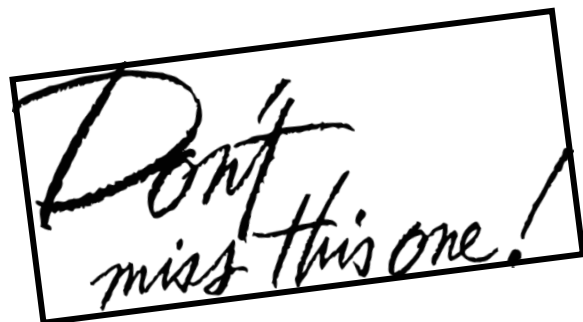
Saturday, April 25th,  
from 9:00 am-2:30 pm

*(all participants should arrive by 9:00am to register—  
judging starts at 9:30 am)*

Central Bible Church  
902 1st Ave East In  
Kalispell.

**\*\*Lunch will be on your own this year.**

*Award ceremony will begin at 1:00.*



REGISTRATIONS NEED  
TO BE SUBMITTED TO  
THE EXTENSION  
OFFICE BY MONDAY  
APRIL 20TH



## **4-H CAMP CLEAN-UP DAY & POTLUCK**

### **DARRELL FENNER Loon Lake 4-H CAMP**

### **SATURDAY, MAY 9, 2015 - 10:00am**

The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job.

We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-5553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

*If you're coming in from out of town and would like to stay one night at the camp, please contact the Flathead Extension Office asap and we'll help with accommodations.*



**Do you want to do an awesome science program with your friends?**

**Are you available **August 3-7, 2015** for an expenses -paid stay on campus at Montana State University in beautiful Bozeman?**

**Can you commit to working on the BioScience project with your team members from August-March?**

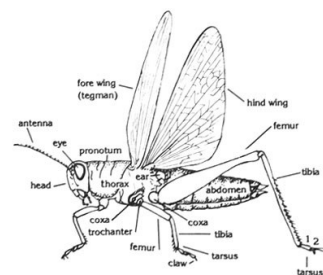
BioScience is an awesome, hands-on science program. You'll get to learn about neuroscience, infectious disease, metabolomics, and grow bacteria in a lab. You'll also learn to draw your own blood, how the brain works, and see how your hearing and concentration compare to others.

Go to <http://eu.montana.edu/bioscience/index.htm> for more information and cool videos from other Montana youth who have taken the BioScience challenge.

Teams of four students who will be in grades 8-11 next school year can apply. One coach is needed per team. Application deadline is May 1st, so call the Extension office if you're interested in learning more.



Next Entomology meeting is on April 11 from 1-3 in the 4-H bldg. on the fairgrounds. This is open to anyone, so bring whatever preservation equipment you have (cases, boxes, spreading boards, pins, etc.), and come out and join us!





# 4-H Shooting Sports Camp

May 15, 16 & 17, 2015

Darrell Fenner Loon Lake 4-H Camp

Something for everyone...

Air Rifle

Archery

Shotgun

Fishing

Boating

Crafts

\$60/person

Maximum \$175/family  
(Immediate family members)

Includes lodging, meals, equipment, range fees & more!

Space is limited!



Download registration paperwork by going to the Flathead county 4-H website at <http://flathead.mt.gov/extension/downloads.php>

All registration materials need to be mailed to the Lake County Extension office.

We have some **AMAZING** shooters in the Flathead, who (*because of their **AWESOME** abilities*), now have an opportunity to attend the **2015 National Shooting Sports** competitions in Nebraska!

## CONGRATULATIONS!!

### Air Pistol

Nicholas Williams  
Jacob Nelson  
Kaylene Volkman  
Ryan Williams

### Small Bore Pistol

Andrew Obst  
Gabriella Cloninger

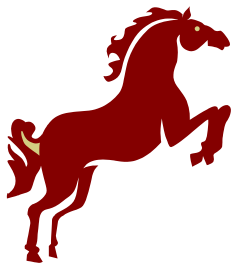


**Flathead Shooting Sports  
Awards Ceremony**

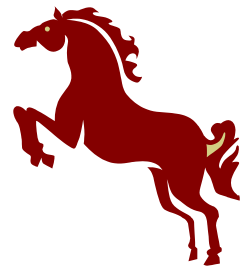
**April 26 from 2:00-4:00pm**

**Country Kitchen on Fairgrounds**

**Please Bring a Dessert**



# Flathead County 4-H Horse Camp



**May 1st, 2nd, & 3rd, 2015**  
**Flathead County Fairgrounds**

Dear 4-H Parents & Members:

Registration packets for 4-H Horse camp members & chaperones can be found on the Flathead County Extension website at: <http://flathead.mt.gov/extension/downloads.php>. Please read through the packet carefully and feel free to contact the Extension Office if you have any questions at 758-5553.

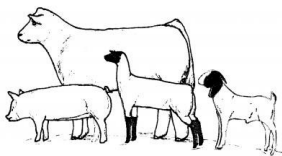
Registrations are due to the Extension Office no later than **Friday, April 10, 2015**. Early bird registration runs now through April 4th, 2015 and will be \$62.00 per member. A registration fee of \$72.00 will be charged after April 4th. If there are multiple members attending camp from the same household, a "household discount" of \$10 per member will be allowed.

Partial scholarships in the amount of \$30 for camp registration fees are available upon written scholarship requests. Requests may be turned in to the Extension Office with your registration packet.

Stall fees of \$8.00 per stall will be charged; however, \$5.00 will be refunded at the end of camp if the stall is clean.

Members are required to have a chaperone present during clinic hours. These hours are Friday, May 1st, 2015 from 4:00pm-9:30pm, Saturday, May 2nd, 2015 from 8:30am-9:00pm, and on Sunday May 3rd, 2015 from 8:30am-4:00pm. Chaperones are charged a fee of \$35.00 for a t-shirt and meals, which includes Friday's dinner, three meals on Saturday, and three meals on Sunday. A schedule of events can also be found online. Members who are unable to tack-up their own horse will require a chaperone's help. A chaperone may be responsible for up to no more than 5 campers. Overnight chaperones are encouraged. Forms will not be accepted for members who do not have a chaperone listed.

## **Livestock Quality Assurance, Seminars, Tagging & Weigh-ins**



- **Last LQA & Sheep Seminar = April 16th** at the FFA Vo-Ag Center at 6:30pm

*Upcoming Taggings & weigh-ins on the fairgrounds...*

- ~ Beef weigh-in = Monday, April 13th - 6-7:30pm
- ~ Hog tagging & weigh-in = Monday, April 27th - 4:30-6:30pm
- ~ Lamb tagging & weigh-in = Monday, May 18th - 4:30-6:30pm

***If tagging off-site, livestock leaders may check-out ear tags  
for their club members from the Extension office.***

# 2015 Hand-to-Heart Award

Awarded at Flathead County 4-H Congress Event On Saturday, April 12<sup>th</sup>

**Application Deadline = Friday, April 10<sup>th</sup>, 2015**

**Flathead County Extension Office**



This award has two age divisions, **4-H ages 8-10 and 11-13** (*member's age as of Oct. 1, 2014*). Applicants are required to interview for this award. You will be notified of your interview time previous to the event. Remember to dress as if you were going to a job interview. A Grand and Reserve Champion will be selected in each age division and awards will be given out on April 25<sup>th</sup>, 2015. Entry forms can be downloaded from the county website at:  
[www.flathead.mt.gov/extension/downloads.php](http://www.flathead.mt.gov/extension/downloads.php)

## SAVE THE DATE!! - July 20-July 24, 2015

### Flathead County 4-H Camp



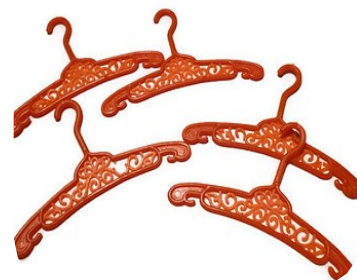
For those Age 8-12yrs old (as of your age on Oct. 1, 2014)

Apply by going to the county 4-H website at  
<http://flathead.mt.gov/extension/downloads.php>

Fees: \$110.00 for existing 4-H Members,  
\$125.00 for all others \*scholarships available

### 4-H Show Clothes Swap!

Bailey Lake and Anna Morrison have teamed up and are working on a show clothes swap. The intent of the project is to collect show clothes (black pants, white shirts, boots, belts, and more) from local 4-H members who have outgrown them. Items will be stored and as the fair approaches, Bailey and Anna will designate a time and place for 4-H members to shop through the collected items for use at the upcoming fair. Items will be sold on a donation basis and donated funds will be designated to a local charity. If you have questions please contact Inga Lake at 261-3807. If you have clothes to donate, they may be dropped off at Agape' Home Care 40 Appleway Drive, Kalispell, MT, M-F, 8am-5pm. Thanks ~ Bailey Lake and Anna Morrison.





# 4-H Mystery at the Lake



June 5, 6 & 7, 2015

Camp begins at 3pm on Friday, and closes noon Sunday

Darrell Fenner 4-H Camp • Loon Lake • Ferndale

Share in the exciting experience of  
Cloverbud Camp with your child!

*Youth camper must be accompanied by a  
parent or guardian to Cloverbud Camp.*

To request a disability accommodation or to inform us of special needs, please contact the MSU Lake County Extension Office at 676-4271.

Canoeing



Ages 6-8

Swimming

Hike

Family Time



Games

Crafts



The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

## Cloverbud Camp Registration (Due May 29)



Child # 1's Name \_\_\_\_\_ Age \_\_\_\_\_ Male ☐ Female ☐

Child # 2's Name \_\_\_\_\_ Age \_\_\_\_\_ Male ☐ Female ☐

Address \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name of Adult Chaperone \_\_\_\_\_ Male ☐ Female ☐

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**Fee:** \$110 for one youth camper and one adult (\$50 for each additional youth or adult). Full refunds before June 1, 1/2 refunds after. Make checks payable to Lake County Extension.



Send registration and fee to the MSU Lake County Extension Office, 300 Third Ave. N.W., Ronan 59864.  
Call 406-676-4271 for more information.

The 2015 4-H Interstate Exchange Members want to say **THANK YOU** to all our 4-H Friends, Families & Volunteer Leaders for your support during this year's Spaghetti Supper & Dessert Auction. 4-H is SUCH an AWESOME COMMUNITY of people who really CARE!!!



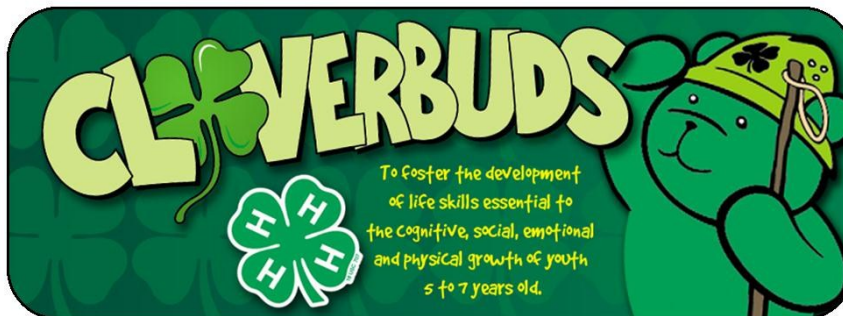
**ATTENTION**  
**Cloverbud Parents!**

# CL<sup>VERBUDS</sup>

"Cloverbuds" are kids 5-7yr olds who do fun 4-H stuff!

Our next County Cloverbud Meeting will be on Thursday, April 16 from 5:30-7pm  
in the little 4-H building on the Fairgrounds.

We're going to be finishing our papier-mâché projects, so mark your calendars  
and **Come Join us!!**



For more information, call our 4-H Extension Agent  
Tammy Walker at 758-5552 or  
Email: [tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu)



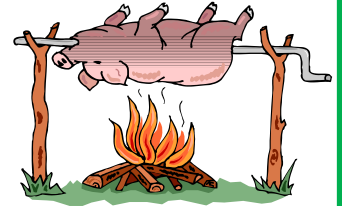
# SAVE THE DATE!

## Saturday, Sept. 12



The 2014-2015 4-H Achievement & Adult Leader Awards Banquet will be held on Sat. Sept. 12th in the Expo building on the fairgrounds.

*Plan to bring a few pot luck items and your entire family, and join fellow club members in support of all those who will be receiving awards.*



### **CONGRATULATIONS**

**to the Rowdy Ropers 4-H Club and  
the Country Cousins 4-H Club!!!  
They were chosen as recipients of the  
Montana State 4-H People Partner Grant**

### **Harvest for Hunger... and the WINNER is...** *Smith Valley Booster 4-H Club*

CHS, along with help from the 4-H community, raised 3119 pounds of food and \$2413 in cash, and they donated it all to the Flathead Vet Pantry and the North Valley Food Bank.

The Smith Valley Booster 4-H group brought in the most of any other 4-H club, with 181.54lbs, and they will receive a \$100 CHS Country Store gift card.

**CONGRATULATIONS**  
*Smith Valley Booster 4-H Club!!*



# REMINDER:

Don't forget that in May, all 4-H clubs will be receive an invoice that looks like the example below. These will be due by June 1st.

## Flathead County 4-H Foundation

1108 South Main Street Ste. 4  
Kalispell, MT 59901  
Phone (406) 758-5553 Fax (406) 758-5551



## INVOICE

INVOICE #TOF2015  
DATE: MARCH 27, 2015

### TO:

Ton of Fun 4-H Club  
1108 S. Main St.  
Kalispell, MT 59901



### FOR:

2015 4-H Administration Fee

DESCRIPTION	AMOUNT
4-H Members \$5 Administration Fee each- 15	\$75.00
4-H Cloverbuds \$5 Administration Fee each-3	\$15.00
4-H Member \$15 Enrollment Fee Past Due-2	\$30.00
4-H Cloverbud \$5 Enrollment Fee Past Due-0	
4-H Market & Horse \$5 Project Enrollment Fee Past Due-0	
4-H Leader \$5 Enrollment Fee Past Due-1	\$5.00
4-H Leader \$12 Certification Enrollment Fee Past Due-0	
TOTAL	\$125.00

Please return the portion below with your payment.  
Make Checks payable to Flathead 4-H Foundation.

### REMITTANCE

Invoice #	TOF2015
Customer ID	Ton of Fun 4-H Club
Amount Enclosed	\$125.00



1108 South Main St STE. 4  
Kalispell, MT 59901  
Flathead County

PHONE (406) 758-5553  
FAX (406) 758-5551



Thank you!

# Montana Conservation Corps Youth Expedition Program

**What is this?** A free summer program that engages students in hands on conservation work and outdoor learning opportunities. It's a fun way to spend time outdoors, earn some money (\$200 AmeriCorps Service Award), and build an impressive resume for college or a career in Resource Management through volunteer experience with public land agencies.

**Who can go?** Montana Youth age 15-17.

**When is it?** There are two four-week sessions, June 15 – July 10 and July 20 – Aug 14. Participants are divided into crews of 6 with two adult Crew Leaders and will live and work with their crew for all four weeks!

**Where is it?** Crew Members will participate in conservation projects (trail building, fencing, watershed restoration, etc.) on public lands all over the Flathead, including places like Glacier National Park, Flathead National Forest, and the National Bison Range! Crews will camp on site and all meals are provided for.

**How do I get involved?** Download the application at <http://mtcorps.org/join/expedition/> or email [apply@mtcorps.org](mailto:apply@mtcorps.org) or call 406-755-8089.



**MONTANA CONSERVATION CORPS**

*Tools for Living. Experience for Life.*

## REMINDER: 4-H Officer Duties...

### PRESIDENT

- ◆ Prepares club meeting agenda with other officers & advisors.
  - ◆ Presides at all club meetings.
- ◆ Uses parliamentary procedure to conduct business meetings.
  - ◆ Understands responsibilities of other club officers.
- ◆ Shows a real interest in the club and helps carry out club decisions.
- ◆ Plans ways to get every member to participate in meetings and delegates responsibility.
  - ◆ Appoints committees as needed.
- ◆ Works with club advisors to establish a system for notifying club members of club meetings and activities. (i.e. – phone, written notices, e-mail, etc.)
  - ◆ Calls the Vice-President to reside at the meeting if unable to attend.



### VICE PRESIDENT

- ◆ Presides at meetings if the President is absent.
- ◆ Serves as chairperson of the program planning committee.
  - ◆ Introduces educational program at club meetings.
- ◆ Thanks the educational guest speakers, presenters, demonstrators, etc.
  - ◆ Assists committees as needed.

### SECRETARY

- ◆ Keeps an accurate written record of the business meetings.
  - ◆ Reads club's minutes at each meeting.
  - ◆ Records club's attendance at each meeting.
  - ◆ Writes thank you letters to speakers, sponsors, etc.
- ◆ Writes all club correspondence as directed by the President, Executive Committee and/or organizational club advisor.

### TREASURER

- ◆ Keeps an accurate account of all 4-H club's money received and spent by the club.
  - ◆ Gives a financial report at each 4-H club meeting.
  - ◆ Gives an annual financial report at the final 4-H club meeting for the year.
- ◆ Prepares a 4-H club budget with the Executive Committee, Finance/Fund Raising Committee and/or 4-H organizational club advisor and presents to the 4-H club membership for approval.
  - ◆ Balances the bank statement each month (if the club has a checking account), which is a recommended practice.
  - ◆ Manages checking/savings accounts & pays bills when approved by the club.





## Upcoming 4-H Meetings and Special Events

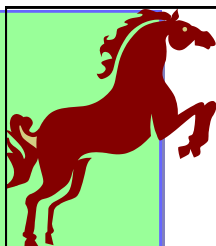


### Forums, Committees & Councils

- **Horse Committee:** *Tues, April 7 at 5:45pm 2nd floor of Earl Bennett Bldg.*
- **Ag/Livestock Committee:** *Thursday, June 4th at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, June 4th at 6:45pm in the 4-H Building at the fairgrounds*



All 4-H horse project members must attend at least one county horse seminar before August to be eligible for competition.



### UPCOMING HORSE SEMINARS

**May 1-3**  
*Horse Camp*

**May (date TBD)**  
*Confirmation and Basic Horsemanship  
Mounted at RMR Arena*

### Upcoming Activities & Other Meetings

- ◇ 4-H Shotgun project begins: *March 29*
- ◇ Beef weigh-in: *Monday, April 13.*
- ◇ County Cloverbud mtg *April 16*
- ◇ Hand-to-Heart Award application due: *April 10*
- ◇ Flathead County Congress: *April 25th*
- ◇ Shooting Sports Awards Dinner: *April 26*
- ◇ Hog tagging & weigh-in: *Monday, April 27.*
- ◇ Horse Camp: *May 1-3.*
- ◇ Loon Lake Camp Clean-Up: *May 9.*
- ◇ Sheep tagging & weigh-in: *Monday, May 18.*
- ◇ Cloverbud Camp *June 5-7*
- ◇ State Congress: *July 7-10 in Bozeman.*
- ◇ Flathead 4-H Camp: *July 20-24*
- ◇ NW MT Fair: *August 15-22.*
- ◇ 4-H Awards Banquet: *September 12*





## MSU Extension Service – Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

### Dee Dryden-Cooper

Support Staff

### Nancy Roberts

SNAP Educator

### Address:

1108 South Main Street  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Health Nut Blueberry Muffins

Prep Time: 15 mins. Cook Time: 15 mins. Serves: 12

#### Ingredients:

¾ cup all- purpose flour	¼ tsp salt
¾ cup whole wheat flour	1 cup of blueberries
¾ cup white sugar	½ cup chopped walnuts
¼ cup oat bran	1 banana, mashed
¼ cup quick – cooking oats	1 cup buttermilk
¼ cup wheat germ	1 egg
1 tsp baking powder	
1 TBSP vegetable oil	
1 tsp baking soda	
1 tsp vanilla extract	

#### Directions:

Preheat the oven to 350F. Grease a 12 cup muffin tin or line with paper muffin cups.

In a large bowl, stir together the all-purpose flour, whole wheat flour, oat bran, quick-cooking oats, wheat germ, baking powder, baking soda, and salt. Gently stir in the blueberries and chopped walnuts. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil and the vanilla. Pour the wet ingredients into the dry, and mix just until blended. Spoon into muffin cups, filling all the way to the top.

Bake for 15 to 18 minutes in the preheated oven, or until the tops of the muffins spring back when lightly touched.



#### Nutrition Facts:

Calories	196	Carbohydrates	33.4g
Cholesterol	18mg	Fat	5.8 g
Fiber	2.8 g	Protein	5.1g
Sodium	223 mg		

*Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.*

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717